



ISDH Uplinks Emergency Response Seminar

The State Department of Health's January 4th Public Health Emergency Response Seminar was uplinked to health professionals and emergency responders at 80 sites throughout the state.

The seminar, produced in cooperation with the State Emergency Management Agency (SEMA) and the Indiana Counter-Terrorism and Security Council (C-TASC), was telecast through the auspices of the Indiana Higher Education Telecommunications System (IHETS). The six-hour presentation originated from the studios of Indiana University Radio and Television Services in Bloomington.

The first portion included a welcome by Lt. Governor Joe Kernan,

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STATE HEALTH COMMISSIONER Greg Wilson, M.D. (above, second from left) responds to a question submitted by a viewer during the seminar, as Clifford Ong, C-TASC, and Alden Taylor, SEMA, look on. Margaret Joseph, ISDH Public Affairs, moderated the Q and A sessions. **DURING THE SEMINAR** (left), Leah Ingraham and Emily Seevers, Epidemiology, and Rex Bowser, Radiologic Health, take questions from viewers by phone, fax, and e-mail. **CAMERA OPERATOR** (below, left) focuses on the set as presenters respond to questions from viewers. **ISDH STAFF** (below, right), view the seminar through live videostreaming provided by IHETS.

Photo below by Daniel Axler



ISDH on the Internet

What's New?

Quick Facts in Spanish

Habla Espanol? Spanish-speaking individuals can now get health information from a new Spanish Quick Facts section of the Indiana State Department of Health Web site.

It is one of several sets of Spanish language pages. The Spanish version of ISDH's Quick Facts was completed and posted January 3, 2002.

This is a convenience intended to sidestep the need for a translator for persons speaking only Spanish. In practical terms, Spanish-speaking individuals will now have quick and easy access to health information and services.

The new Spanish Quick Facts section is among 100 pages in Spanish at the ISDH Web site. They can be accessed by clicking on "Espanol" on the ISDH home page, www.IN.gov/isdh.

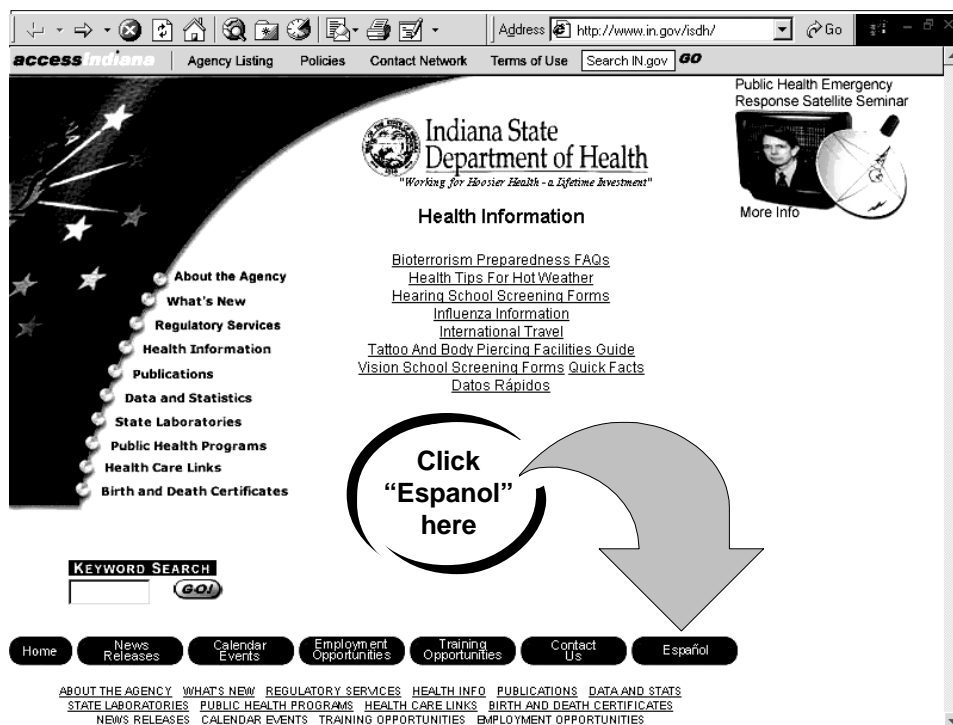
\$ Savings on Reports \$

Want an annual report? A statistical report? How about current newsletters? They're all ready to view on the ISDH Web site.

The **Epidemiology Resource Center** saved more than \$50,000 in printing costs this year by publishing a number of reports, many lengthy, on the Web site. They included:

- 1 Cancer Incidence Report
- 1 Cancer Mortality Report
- 12 Epidemiology Newsletters
- 1 Fish Consumption Advisory Report
- 2 Health Behavior Risk Factors Reports
- 1 Immunization Report
- 2 Mortality Reports
- 2 Natality/Induced-Term Pregnancy/Marriage Reports

Long-Term Care and Acute Care have saved thousands of dollars by



publishing their information to the web.

Health care provider directories on the Web site include:

- Ambulatory Surgical Centers
- Blood Centers
- Certified Nurse Aide Training Sites
- CLIA Facilities
- CORF
- End-Stage Renal Disease
- Home Health Agencies
- Hospices
- ICF/MR Facilities
- Indiana Hospitals
- Long-Term Care Facilities (Nursing Homes)
- Non-Certified Comprehensive Care Facilities
- Outpatient Therapies
- Portable X-Ray Facilities
- Residential Care Facilities
- Rural Health Clinic Facilities

Health care provider reports on the Web site include:

- 2000 Ambulatory Surgical

Centers Report

- 2000 Home Health Agency Patient Profiles
- 1999 Hospital Fiscal Reports
- 1999 Hospital Services Reports
- 1999 Long-Term County Statistical Profile Report

The **Office of Women's Health**

saved \$17,000 in printing costs on its 2001 Annual Report.

The **Office of Policy** saved additional thousands by publishing numerous reports on the Web site, including:

- 2001 Annual Report
- 1997 Registered Nurse Survey
- 1997 Physicians Data book
- 1998 Dentist and Dental Hygienist Surveys
- Health Professional Shortage Area & Medically Underserved Area Designations
- Sanitary Operations of Tattoo And Body Piercing Facilities

ISDH Trains Local Health Department Environmental Specialists

Fifteen environmental health specialists from local health departments and one employee in a county commissioner's office came to Indianapolis in December to hear about the basics of environmental health. The two day training was taught by ISDH staff specialists.

Staff in the Consumer Protection division delivered an array of presentations. These covered basic logistical and procedural approaches to help local environmental specialists enforce Indiana rules in their communities.

Although the Indiana State Department of Health conducts highly specialized training for each of the consumer protection focus areas that it monitors, the December sessions were designed to provide an overview of all of them.

Scott Gilliam, Food Protection Division, scheduled the seminar. He says it has been several years since an orientation training was offered that covered this type of overview of all of the activities of the Consumer Protection Division.

In the training sessions, ISDH staff addressed 18 specialized technical areas.

Preventing and resolving sanitary problems associated with residential and commercial on-site wastewater treatment was discussed by **Alan Dunn**, Sanitary Engineering.

Dennis Ehlers, Sanitary Engineering, offered information on ISDH's role in reviewing sanitary engineering plans to help local specialists make informed referrals to ISDH.

Mike Sinsko, Sanitary Engineering, devoted an hour-long session to discuss vector control measures used



PLANNERS AND ATTENDEES: Two ISDH staff, Scott Gilliam and Shirley Vargas, planned and coordinated details of the training held on December 4 - 5. They appear in the above photo with local health department environmental specialists. The group attended a two-day training seminar at 2 N. Meridian St., Indianapolis, to obtain an overview of Indiana consumer protection regulations and procedures. Those in the photo, left to right, are: **Front Row:** Reno Gosser/Rush County Health Department (HD), John Kennard/Brown County HD, Steve Sever/Shelby County HD; **Second Row:** Shirley Vargas/ISDH, Shane Modglin/Brown County HD, Kevin Hayes/Switzerland County HD; **Third Row:** Steve Cale/Brown County HD, Michelle Arvin/Howard County HD; **Fourth Row:** Amanda Fitzsimmons/Montgomery County HD, Kara Bieker/Hendricks County HD, Kevin Scher/Huntington County HD; **Fifth Row:** Lisa Chandler/Montgomery County HD, Amy Kelly/Grant County HD, Melissa Hatton/Jennings County HD; **Sixth Row:** Scott Gilliam/ISDH, Dan Baner/White County HD, John Raines/White County Commissioners Office.

Photo by Daniel Axler

to contain disease that is spread by insects and birds.

Mike Hoover, Sanitary Engineering, conducted a session on monitoring swimming pools and campgrounds to ensure they are safe and sanitary. He also discussed what to look for and measures to be followed in mobile home park inspections to assure that the parks meet Indiana code for safe electrical connections and sanitary wastewater disposal.

John Ruyack, Indoor Air and Radiologic Health, discussed the technical and procedural aspects of resolving indoor air hazards, including a special focus on radon gas.

During the second day, **Larry Stump**, Weights and Measures, described the resources of the ISDH Weights and Measures division and

discussed issues involving checking and calibrating scales and meters and assuring that bedding meets code.

Pam Pontones, Epidemiology, discussed communicable diseases.

Shirley Vargas, Food Protection, coordinated all of the details to make the two-day training possible. She also discussed environmental health specialist job functions involving safe food handling and storage by wholesale food vendors.

Tara Renner, Food Protection, presented information on food-borne disease and on how to respond to complaints and take samples for lab analysis.

Scott Gilliam provided an overview of retail food protection activities and responsibilities. In a separate unit he discussed training and testing standards designed by the state to assure

uniform application of the standards in performing the duties of environmental health specialists.

ISDH Laboratory staff discussed lab resources available to the local health departments: **Dave Nauth** offered an overview; **Tom Cronau** discussed waterborne pathogens and water sample testing for microbes; and **Craig Hinshaw** followed up with a discussion of water sample testing for hazardous chemicals.

Question and answer sessions at the end of each day offered an opportunity for participants to obtain clarification and more detailed information in order to address problems they may encounter on the job.

Gilliam says he hopes to see the training repeated in 2002.

- David Pilbrow

ISDH Wellness Program Has Roots at the I.U. School of Medicine

Audiences, composed largely of health care workers in rural areas of Indiana, have been hearing about wellness over the past five months. Mark Laker, ISDH Local Liaison Office, has been conducting the series of seminars.

A tenet of Laker's presentations has been that the way people think about health has an effect on their own potential for health or disease. He says that the best approach to ensure good health is focusing on the benefits of healthy behavior and by seeking joy in living.

Laker believes that accentuating the positive helps relieve stress on the body and makes it easier to pursue healthy behaviors and achieve goals of good health. He points to research that demonstrates that mental stress lies at the root of illness.

He says, that mental focus on illness, even on the avoidance of illness, can create stressful anxiety that may change body chemistry and deplete the immune system. According to Laker a compromised immune system he says is more likely to subject the body to disease.

Laker's thesis is supported by a number of studies that he has found.

One of the early breakthroughs was made by neurobiologist David Felten,

M.D., now a leader in a relatively new but well established medical field. It's psychoneuroimmunology, generally referred to as PNI.

Dr. Felten's discovery occurred while he was a faculty member at the I.U. School of Medicine in 1981. He established a "hard wire connection between the body's immune system and the central nervous system under control of the brain," according to an article in the University of Rochester *Rochester Review*.

Increasingly, evidence from medical research points to a mind-body connection with wellness and illness. Some of the roots of that connection were discovered here in Indiana at the I.U. School of Medicine.

The article states, "Using special fluorescent stains to trace nerves to various bodily locations, including bone marrow, lymph nodes, and the spleen, the Felten team had discovered a network of nerves leading to blood vessels as well as cells of the immune system. The researchers also found nerves in the thymus and spleen terminating near clusters of lymphocytes, macrophages, and mast cells, all of which help control immune function.

"There it was, the mind-body connection—clear evidence that the brain has the ability to send signals to immune-system cells. Granny was right, after all."

Felten earned an M.D. and Ph.D. at the University of Pennsylvania.

Not long after his discovery at I.U., Felten was awarded the MacArthur Foundation "genius grant." Shortly thereafter, he joined the PNI research team at the University of Rochester where he now holds an endowed chair and serves as the head of the Department of Neurobiology and Anatomy.

From the Office of Minority Health

The State of Indiana will observe Dr. Martin Luther King, Jr.'s, dream of man helping man. The King Indiana Advisory Commission is sponsoring a Day of service on January 21, 2002.

Wanting to share in the "spirit of giving," the Office of Minority Health will be collecting new hats and gloves, both for children and adults, through January 18.

If you would like to serve the intent of Dr. King's concept of community and volunteer spirit, please bring your donations to the first floor drop-off box, located by the Fed Ex pickup station at 2 North Meridian St., Indianapolis.

The donations will be taken to both the Wheeler Mission and the Julian Center on January 21, Martin Luther King, Jr. Day.

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who chairs C-TASC, and an overview by Clifford Ong, C-TASC director. Alden Taylor, SEMA public information officer, presented information on emergency management at the state and local levels.

State Health Commissioner Greg Wilson, M.D. discussed the role of local health departments and the changing face of public health. He pointed out that although nationally, the average number of public health staff per 100,000 population is 138, in the Midwest, the figure is 76 and in Indiana, the figure is 46.

Throughout the day, speakers urged the development of local plans for handling terrorism incidents such as bioterrorism or chemical attacks that could threaten the health and safety of the residents. Each plan would be

developed by the local health department, working in cooperation with the county emergency management agency, area emergency responders, and health care providers.

Other speakers from ISDH and SEMA provided information about specific biological, chemical, nuclear topics, as well as the National Pharmaceutical Stockpile, mass prophylaxis, and laboratory issues. Dr. Wilson made a second presentation about the importance of communication.

The 383 PowerPoint slides used in the 14 presentations are available on the ISDH Web site, at www.IN.gov/isdh. Tapes of the telecast can be ordered by calling 812-855-2987 for \$25 for each half-day session, plus a \$5 shipping and handling charge.



Indiana State
Department of Health **Express**

The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. To submit news items, call (317) 233-7336 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 2E, Indianapolis, IN 46204-3003. Inquiries should be directed to:

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New Medical Center Opens in Vevay to Serve a Swelling County Population

Switzerland County dedicated a brand new medical center November 18 with an open house invitation to all county residents to tour the new facility.

The center opened none too soon according to Betty Lucas, administrator of the county health department.

"Before this new center, (some) people would just do without," Lucas said.

The 2000 U.S. Census of Switzerland County recorded a population of 9,000 residents, a 17 percent increase over the previous decade, which is a rate somewhat less than double Indiana's 9.7 percent rise for the same period.

"Since 1996 our workload has grown 40 percent. In 2000 we served 10,826 persons, some from adjoining counties," Lucas said.

The new facility houses the Switzerland County nurse-managed clinic and the county health department with offices for the county health nurse, environmental specialist, and health officer.

"There are so many things that Switzerland County needs, which we have done without for so many years, that it's hard to get funding for all of them, but we work very hard at it," Lucas said.

The lion's share of funding for the new facility, comprising \$1.2 million, came from the interlocal agreement negotiated by the county with Pinnacle Entertainment, operator of the riverboat-gambling facility in the county.

An additional \$100,000 from the



PARTICIPANTS OF RIBBON CUTTING for the new clinic are (l to r.) Richard Delany of Belterra Casino Resort; State Representative Bob Bischoff; Robert Findley, D.D.S.; County Health Officer Scott Frede; Switzerland County Nurse Practitioner Krista Wyatt; Hazel Katter, director ISDH Local Liaison Office; and County Commission President K.C. Banta.

Photo Courtesy Vevay Newspapers, Inc.

Build Indiana fund was needed to complete the building and was derived through assistance of State Senator Jim Lewis according to an article in the *Vevay Reveille-Enterprise*, the county's local newspaper.

Both the clinic and the health department previously shared space in



NEW SWITZERLAND COUNTY MEDICAL CENTER in Vevay.

the county courthouse annex. Together they will use approximately half the space of the new building's 11,000 square feet. Roughly 3,000 square feet has been leased by Madison's King's Daughter Hospital for two medical practitioners, one being Dr. Frede, who is Switzerland County's health officer,

and another yet unnamed doctor. Robert Findley, D.D.S., a local dentist, has rented the remaining space.

Lucas says the local WIC clinic, an optometrist, and a doctor from Lawrenceburg have all expressed interest in occupying space in the medical center, but the new building is out of space.

The new medical center belongs to the county. The county commissioners set the rents, which were adjusted to attract the doctors, according to Lucas.

Lucas said, "The reason we've got a clinic is none other than Hazel Katter in the Local Liaison Office. She really helped me.

She's got a great reputation in this county." The nurse-managed clinic got started with the assistance of ISDH in 1996.

Lucas says she has seen a lot of changes. A former employee of the county auditor's office, she started with the health department 35 years ago after the General Assembly mandated that each county must have a full-time health department. "There were only three of us at the beginning. Now there are 10, some part time. It's a lot different than when we started, doing mostly death certificates and a few immunizations," Lucas said, adding, "It's a good group to work with and we all get along quite well together."

Lucas says that among health department services, patients are provided the following special screenings: carotid artery, abdominal aortic aneurysm, peripheral artery disease, osteoporosis, skin, and prostate cancer.

— David Pilbrow

APHA Honors Indiana Public Health Agencies

The Tobacco Free Youth Initiative received the first-ever APHA-GlaxoSmithKline Partnership Award at the 129th Annual American Public Health Association (APHA) Meeting and Exposition in Atlanta in November.

The initiative was launched in 1997 by the Marion County Health Department to address a perceived need to reverse a high rate of tobacco use by teens in Marion County, which was revealed in a 1994 study conducted by the health department. It was projected that unless the trend was reversed, there would be a worsening of already higher than average lung cancer and chronic lung disease death rates in the area.

Funded by the Robert Wood Johnson Foundation, the Tobacco Free Youth Initiative focuses on sixth, seventh, and eighth graders from Indianapolis public schools and adults in neighborhoods adjoining the



VIRGINIA CAINE, M.D., Marion County Health Officer (second from left) holds APHA award presented by Margaret Dardess, president of the GlaxoSmithKline Foundation (left). To Dr. Caine's right are Sandra Cummings, MCHD, and Gurinder Hohl, MCHD. *Photo courtesy APHA.*

schools. It has included a "Lifeskills Training" curriculum and activities like an interactive health education center and a two-day youth leadership camp. The project has also focused on efforts to ensure merchant compliance with tobacco product sales law.

Virginia Caine, M.D., Director of Public Health at MCHD, accepted the award in Atlanta on behalf of the department and its partners. The

APHA also issued commendation certificates to the project's partners. Among them was the Indiana Public Health Association, which had publicized the project as a model in **What Works In Indiana** seminars at its last two conferences.

Representatives of other IPHA member organizations that received certificates are: Karen O'Brien (Smokefree Indiana), Jan Petty (Alliance for Health Promotion), and Terry Zollinger (IU Bowen Research Center)

Nonprofit organizations and foundations, area hospitals, neighborhood associations, and schools have also collaborated with the Tobacco Free Youth Initiative. Although grant funding has ended, services provided by the initiative are being continued through interim funding by the Marion County H.D. and the Smokefree Indiana Central Coalition.

For more information contact Gurinder Hohl at 317-3099.

Conference, Institute to Address Rural Health Issues

The types of health care issues affecting Hoosier patients and health care professionals living and working in rural Indiana will be among those addressed at two upcoming national meetings.

The National Rural Health Association will hold its Rural Health Policy Institute on March 4-6 in Washington, D.C. and its 25th Annual Conference on May 15-17 in Kansas City.

ISDH Local Liaison staff, together with officers and board members of the Indiana Rural Health Association, will be attending.

Access, Quality, and Equity are the key issues on the NRHA 2002 agenda that will be discussed at the Policy Institute in March.

Bob Sunman, director, Office of Rural Health in the Local Liaison Office at ISDH, says attendees of the Rural Health Policy Institute will be



hearing discussions of the following topics:

- Hospital Issues, including Reauthorization of the Rural Hospital Flexibility Grant Program,
- Critical Legislative and Regulatory Issues Facing Community Health Centers and Rural Health Clinics,
- Reauthorization of Federal Health Professions Programs,
- Advances in Medical Technology and Patient Safety,
- Rural Physician Issues, Including Graduate Medical Education, and
- Workforce Shortages

Invited guests include:

- Health and Human Services Secretary Tommy Thompson
- Senator Hillary Rodham Clinton
- Co-Chairs of the Senate Rural Health Caucus, Senator Tom Harkin (D-IA) and Senator Craig Thomas (R-WY)

- Co-chairs of the House Rural Health Care Coalition, Rep. Jerry Moran (R-KS) and Rep. Mike McIntyre (D-NC)
- White House Domestic Policy Advisor Anne Phelps
- Centers for Medicare and Medicaid Services Administrator Tom Scull
- Key Congressional Staff from the Senate Finance and House Ways and Means Committees



Indiana State Department of Health NewsLink

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